

Flu Hotline

Effective May 1, 2009, the California Department of Public Health (CDPH) has activated a toll-free **H1N1 flu hotline** in English and Spanish. Assistance in other languages is also available. The phone number is 1-888-865-0564. CDPH's swine flu hotline is available Monday through Friday, from 7 a.m. to 6 p.m., and on weekends from 8 a.m. to 4 p.m.

Resources

H1N1 Influenza - State and Local Links

- [California Department of Public Health](#)
- [Monterey County Health Department](#)
- [San Benito Health & Human Services Agency](#)
- [Santa Cruz County Health Services Agency](#)

H1N1 Influenza - National Links

- [Centers for Disease Control and Prevention](#)
- [Pandemicflu.gov](#)
- [World Health Organization](#)
- [White House](#)
- [State Department](#)

Common questions

What are the signs and symptoms of H1N1 flu in people?

The symptoms of this illness in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does H1N1 influenza spread?

Spread of the H1N1 Influenza A virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.